CLAIMS

I claim:

1. An exercise device comprising:

an upper frame comprising a plurality of beams, each beam having a plurality of frame connectors along said beam;

a first harness assembly to be worn by a user beneath said upper frame, said first harness assembly comprising a plurality of first harness connectors connected to a plurality of resilient members, said resilient members connected to said frame connectors, whereby said plurality of resilient members apply variable vertical elastic tension forces on said user;

a second harness assembly to be worn by a user beneath said upper frame, said second harness assembly comprising a plurality of second harness connectors connected to a flexible line, said flexible line operatively disposed to a sliding system attached to said upper frame, whereby said flexible line aerially suspends said user in a horizontal position and allows a horizontal planar movement on a vertical surface;

a cradle system comprising a seat having a front seat end, a back seat end, a first seat end and a second seat end, a flexible back having an top end and a bottom end, said bottom end attached to said back seat end, a plurality of cradle connectors connected a plurality of vertical members, a first vertical member having a first vertical end hanging from said frame connector and a second vertical end connected to said cradle connector located at said first seat end, a second vertical member having a third vertical end hanging from said frame connector and a fourth vertical end connected to said cradle connector located at said second seat end, an elastic cord having a first cord end hanging from said frame connector and a second cord end connected to said cradle connector located at said top

end of said flexible back, whereby a user can be seated in said cradle and recline to a supine position.

2. The exercise device according to claim 1 wherein the said upper frame is fixedly attached to ceiling joists.

3. The exercise device according to claim 1 wherein said upper frame is supported by a plurality of legs whereby said legs are configured to allow said user freedom of movement beneath said upper frame.

4. The exercise device according to claim 1 wherein said first harness assembly is attached to a rigid anchor box comprising a horizontal bar with a right end and a left end, a first vertical bar with a first top bar end and a first bottom bar end, and a second vertical bar with a second top bar end and a second bottom bar end wherein said right end is attached to said first bottom bar end and said left end is attached to said second bottom bar end, said first top bar end and said second top bar end are connected to a stopper, said rigid anchor box attached to said harness connectors, said stopper attached to said resilient members.

5. The exercise device according to claim 1 wherein said resilient members are connected to said frame connectors at a first location, and wherein said sliding system is located at a second location, and wherein said first vertical member, said second vertical member, said third vertical member, said first support member and said second support member are connected to said frame connector at a third location, whereby a first user can be exercising using said first harness assembly while a second user is exercising using said second harness assembly and a third user can be exercising using said cradle system.

6. The exercise device according to claim 1 wherein a handle system comprising a first handle having a first handle connector and a second handle having a second handle

connector, said first handle connector attached to said second vertical end of said first vertical member and said second handle connector attached to said fourth vertical end of said second vertical member.

7. The exercise device according to claim 1 wherein a handle system comprising a first handle having a first handle connector and a second handle having a second handle connector, a first support member having a first top support end and a first bottom support end, said first support end hanging from said frame connector and said first bottom end attached to said first handle connector, a second support member having a second top support end and a second bottom support end, said second support end hanging from said frame connector and said second bottom end attached to said second handle connector, whereby a user can grasp said pair of handles and maintain aerial suspension.

8. The exercise device according to claim 6 wherein said first handle comprises a first ring and said second handle comprises a second ring.

9. The exercise device according to claim 7 wherein said first handle comprises a first ring and said second handle comprises a second ring.

10. An exercise device comprising:

an upper frame comprising a plurality of beams, each beam having a plurality of frame connectors along said beam;

a first harness assembly to be worn by a user beneath said upper frame, said first harness assembly comprising a plurality of first harness connectors connected to a plurality of resilient members, said resilient members connected to said frame connectors, whereby said plurality of resilient members apply variable vertical elastic tension forces on said user;

a second harness assembly to be worn by a user beneath said upper frame, said second harness assembly comprising a plurality of second harness connectors connected to a flexible line, said flexible line operatively disposed to a plurality of block and tackle pulley systems fixedly attached to said frame connectors, whereby said flexible line aerially suspends said user in a horizontal position;

a cradle system comprising a seat having a front seat end, a back seat end, a first seat end and a second seat end, a flexible back having an top end and a bottom end, said bottom end hingedly attached to said back seat end, a plurality of cradle connectors connected a plurality of vertical members, a first vertical member having a first vertical end hanging from said frame connector and a second vertical end connected to said cradle connector located at said first seat end, a second vertical member having a third vertical end hanging from said frame connector and a fourth vertical end connected to said cradle connector located at said second seat end, an elastic cord having a first cord end hanging from said frame connector and a second cord end connected to said cradle connector located at said top end of said flexible back, whereby a user can be seated in said cradle and recline to a supine position;

a handle system comprising a first handle having a first handle connector and a second handle having a second handle connector, a first support member having a first top support end and a first bottom support end, said first support end hanging from said frame connector and said first bottom end attached to said first handle connector, a second support member having a second top support end and a second bottom support end, said second support end hanging from said frame connector and said second bottom end attached to said second handle connector, whereby a user can grasp said pair of handles and maintain aerial suspension.

11. The exercise device according to claim 10 wherein the said upper frame is fixedly attached to ceiling joists.

12. The exercise device according to claim 10 wherein said upper frame is supported by a plurality of legs whereby said legs are configured to allow said user freedom of movement beneath said upper frame.

13. The exercise device according to claim 10 wherein said first harness assembly is attached to a rigid anchor box comprising a horizontal bar with a right end and a left end, a first vertical bar with a first top bar end and a first bottom bar end, and a second vertical bar with a second top bar end and a second bottom bar end wherein said right end is attached to said first bottom bar end and said left end is attached to said second bottom bar end, said first top bar end and said second top bar end are connected to a stopper, said rigid anchor box attached to said harness connectors, said stopper attached to said resilient members.

14. The exercise device according to claim 10 wherein said resilient members are connected to said frame connectors at a first location, and wherein said block and tackle pulley system is connected to said frame connectors at a second location, and wherein said first vertical member, said second vertical member, said third vertical member are connected to said frame connector at a third location, and wherein said first support member and said second support member are connected to said frame connector at a fourth location, and whereby a first user can be exercising using said first harness assembly while a second user is exercising using said second harness assembly and a third user can be exercising using said cradle system and a fourth user can be exercising using said handle system.

15. The exercise device according to claim 10 wherein said cradle system and said handle system are connected to said same frame connector.

16. The exercise device according to claim 10 wherein said first handle comprises a first ring and said second handle comprises a second ring.

17. The exercise device according to claim 10 wherein said flexible line is operatively disposed between a mountain climbing ascender and a mountain climbing descender whereby said user in said second harness is prevented from free falling.

18. The exercise device according to claim 17 wherein said flexible line is operatively disposed to a floor-anchored block and tackle pulley whereby a spotter can pull said flexible line to hoist said user up a vertical surface.

19. The exercise device according to claim 18 wherein said flexible line is connected to a seated rowing machine whereby said spotter performs a seated rowing exercise with a resistance resulting from a tension from said flexible line supporting said user.

20. A method of exercise with an exercise device, comprising the steps of:

providing a first harness assembly to be worn by a user, said first harness assembly comprising a plurality of first harness connectors connected to a plurality of resilient members, said resilient members connected to said frame connectors, whereby said plurality of resilient members apply variable vertical elastic tension forces on said user;

providing a second harness assembly to be worn by a user beneath said upper frame, said second harness assembly comprising a plurality of second harness connectors connected to a flexible line, said flexible line operatively disposed to a plurality of block and tackle pulley systems fixedly attached to said frame connectors, whereby said flexible line aerially suspends said user in a horizontal position;

providing a cradle system comprising a seat having a front seat end, a back seat end, a first seat end and a second seat end, a flexible back having an top end and a bottom end, said bottom end hingedly attached to said back seat end, a plurality of cradle connectors connected a plurality of vertical members, a first vertical member having a first vertical end hanging from said frame connector and a second vertical end connected to said cradle connector located at said first seat end, a second vertical member having a third vertical

end hanging from said frame connector and a fourth vertical end connected to said cradle connector located at said second seat end, an elastic cord having a first cord end hanging from said frame connector and a second cord end connected to said cradle connector located at said top end of said flexible back, whereby a user can be seated in said cradle and recline to a supine position;

providing a handle system comprising a first handle having a first handle connector and a second handle having a second handle connector, a first support member having a first top support end and a first bottom support end, said first support end hanging from said frame connector and said first bottom end attached to said first handle connector, a second support member having a second top support end and a second bottom support end, said second support end hanging from said frame connector and said second bottom end attached to said second handle connector, whereby a user can grasp said pair of handles and maintain aerial suspension.